



the gateway to learning & development

## Emotional Wellbeing and Mental Health

If you are concerned about your child's emotional wellbeing please inform a member of the Pastoral Team, who will be happy to advise you further. Alternatively, you can contact many of the services listed below for advice and support.

### Action for Children:

Advice on how to support young people with their emotional wellbeing. Resources are available in many key areas such as: anxious feelings, stress, self-esteem, and loneliness.

Website: <https://parents.actionforchildren.org.uk/emotional-wellbeing/>

### Emotional Wellbeing and Mental Health Service (EWMHS)

Offers advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

Telephone: 0300 300 1600

Email: [nelft-ewmhs.referrals@nhs.net](mailto:nelft-ewmhs.referrals@nhs.net)

**If you need urgent help or out of hours help, call**

**NELFT: 0300 555 1201.**

**MindFresh:** *'is an online service and app created and used by young people to gain access to mental health services, information and advice'.*

**Kooth:** *'an online mental health service for children and young people which offers online counselling and emotional-wellbeing support'.*

**MiLife:** *'Is an online help service designed by young people from Essex with useful information and links to other organisations that work with young people.'*



**Hamstel Junior School**  
Excellence in Everything