

# WE ARE WELCOMING.

# WE ARE NEWHAM.



## HELP WITH EMOTIONAL AND MENTAL HEALTH – UNDER 18S

[welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk)  
Free phone **0800 916 8757** Mon-Fri 10am-5.30pm

People at the Heart  
of Everything We Do



# HELP WITH EMOTIONAL AND MENTAL HEALTH

## Support for children and young people under 18

### Who can get help?

Anyone who is under 18 can get help.



### How to get help?

Talk to your doctor or the school about what help is available and best for your child. For school health support

**020 3373 9983**

[www.newham.gov.uk/schoolhealth](http://www.newham.gov.uk/schoolhealth)



### What is available?

- **Kooth** is a free, safe and anonymous online counselling service for young people aged 10-16 in Newham. You can reach qualified counsellors through mobile, tablet and computer just by joining KOOOTH through the website **020 3984 9337** or [contact@kooth.com](mailto:contact@kooth.com)



- **ChatHealth** is for 11-19 year olds. It is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local nursing team for confidential advice and support [chathealth.nhs.uk](http://chathealth.nhs.uk)
- **CAMHS** is a specialist mental health service for children and young people. Your doctor, school or school nurse can make a referral. There are lots of useful resources and workshops for families on the website [www.elft.nhs.uk/camhs](http://www.elft.nhs.uk/camhs)
- **Child bereavement UK** helps children who have suffered a loss or death of someone they love at any time. To access this support [www.childbereavementuk.org](http://www.childbereavementuk.org) [londonssupport@childbereavementuk.org](mailto:londonssupport@childbereavementuk.org) Helpline **0800 02 888 40** Translators are available at these services

### Questions? Welcome Newham Helpline

[welcomenewham@newham.gov.uk](mailto:welcomenewham@newham.gov.uk)

Free phone **0800 916 8757** Mon-Fri 10am-5.30pm

No specific immigration status advice or case work

### Regular updates and information?

Welcome Newham Champions

[welcomenewhamchampions@newham.gov.uk](mailto:welcomenewhamchampions@newham.gov.uk)

Whatsapp **07977 156899**