



Redbridge Emotional Wellbeing Mental Health Service (EWMHS):

Improving Mental Health Outcomes for Children and Young People in Redbridge

WHO IS THE PSYCHOLOGICAL THERAPIES TEAM?

A team of healthcare professionals assigned to support children and young people with mental health difficulties up to age of 18. The Redbridge EWMHS team are counselling/clinical psychologists, child and adolescent psychotherapists, family therapists, children's wellbeing practitioners, triage clinicians, mental health nurses, psychiatrists, assistant psychologists and Support Time and Resilience (STAR) Workers. Our team aim is to improve mental health outcomes for children and young people by delivering evidence-based interventions as part of a health promotion strategy.

WHAT TYPE OF DIFFICULTIES DO WE SUPPORT WITH?

- Anxiety
- Body image worries
- Low mood / Depression
- Emotional Distress (Self Harm and/or Suicidal thoughts)
- Hearing or seeing things that others don't
- Obsessive Compulsive Disorder
- Eating difficulties (working alongside Eating Disorders Service)
- Substance misuse difficulties (working alongside Fusion)
- Emotional regulation difficulties
- Personality difficulties (working alongside Body & Soul)
- Coping with trauma
- Neurodevelopmental conditions (Autism, ADHD, learning difficulties)

WHAT DO WE DO?

We work in collaboration with children and young people and their families to support them to reach their wellbeing goals.

HOW CAN YOU BE REFERRED?

Referrals are accepted from professionals (e.g. school wellbeing staff / GP) as well as parents / carers and self-referrals.

WHAT HAPPENS ONCE REFERRED?

Your case will be reviewed by our team and if we think you would benefit from our service's support, you will then be contacted for a telephone assessment before waiting for a face-to-face assessment and then you will either go onto a waiting list for specialist support (e.g. therapy) or signposted to a more suitable service for your needs.

HOW DO WE SUPPORT YOU?

Assessments: Understanding your story and experiences.

Resources: Offering you specific advice and guidance.

Signposting: Directing you to the most specialist service for what you need.

Therapeutic support: Evidence-based psychological therapies
Child and adolescent psychotherapy
Family therapy or parental support.

Diagnosis: Neurodevelopmental conditions and/or diagnosable mental health conditions.



CONTACT DETAILS:

If you have any further question regarding the support we provide, please feel free to contact us via our service telephone number: 0300 300 1618 or speak with your GP/school.

MENTAL HEALTH DIRECT NUMBER:

0800 995 1000

After hours, or in an emergency please contact our 24 hour 7 days a week, crisis line.