



Emotional Wellbeing, health and
mental health support



Camden



Last updated April 2024

There are many websites devoted to and offering advice about elective home education. These are a selection of some of them. The websites were correct as of the date the above. Websites do change from time to time and it may be more appropriate to do a search via a search engine.

The inclusion of an organisation or a website **is not an endorsement**. You should talk with the individual organization or review the website to see if they will be able to provide the service / support you or your child needs.

If you find a website does not work please email ehe@camden.gov.uk

Everyone has mental health and at times, it can go up and down. Problems can range from everyday worries and stresses to more serious problems.

There are a range of resources to help get advice and support and you can talk to your GP. If your child attends a school there will also be services in school that they can access.

<https://www.mentalhealthcamden.co.uk/services/open-minded-camden-councils-child-and-adolescent-mental-health-services-camhs>

Open Minded

Camden Councils Child and Adolescent Mental Health Services (CAMHS)

<https://www.mentalhealthcamden.co.uk/whats-available>

Lists a range of services and agencies, which can help with mental health issues in Camden.

<https://www.candi.nhs.uk/our-services/camden-parents%E2%80%99-wellbeing-service>

Camden Parents Wellbeing Service

Aims to improve the mental health of parents with the intention of this having a positive impact on the care and mental health of their children.

[Act Against Bullying. Leading UK Anti-Bullying Charity](#)

Act against bullying has a range of resources to support parents and young people.

<https://www.annafreud.org/on-my-mind/>

Aims to empower young people to make informed choices about their mental health and wellbeing.

[The UK's Eating Disorder Charity - Beat \(beateatingdisorders.org.uk\)](http://beateatingdisorders.org.uk)

Advice and support on eating disorders.

<https://brandon-centre.org.uk/>

The Brandon Centre

Help, advice, drop in and appointment based service for young people aged 12 – 24 years.

<https://www.nhs.uk/service-search/other-services/Mental%20health%20support/LocationSearch/330>

Find mental health support services by town or postcode throughout the UK.

www.cwmt.org.uk

The Charlie Waller Memorial Trust offers a range of downloadable resources for parents.

<https://www.catch-22.org.uk/services/the-hive/>

Supports young people 16 – 24 with education, employment, housing sexual health substance misuse and health and wellbeing.

<https://www.childline.org.uk/>

Helps with a range of issues that a young person is going through.

There is a free phone helpline 0800 1111 available 24 hours a day every day of the year.

<https://www.giveusashout.org/>

Text 85258 for support for anyone who are anxious worried or stressed

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

Online support for young people

<https://www.mind.org.uk/>

[Anxiety and panic attacks - Mind](#)

Advice and support for anyone experiencing a mental health problem. You can download PDFs of the pages or order it a booklet.

<https://papyrus-uk.org/>

A national helpline to support young people dedicated to the prevention of young suicide. See website for hours.

Tel: 0800 0684141

pat@papyrus-uk.org

<https://www.samaritans.org/>

Tel: 116 123

24 hours 365 day support

Student Space

Is a website which is offering to provide high-quality mental health support to students who may be struggling during the pandemic. The website offers “immediate help for students in distress” in England and Wales, through text support, phone counselling and guided cognitive behavioural therapy.

Students can explore a range of trusted information, services and tools to help with the challenges of student life. There are three ways that Student Space can help during the pandemic:

1. Access to dedicated support services for students, by phone or text
2. Information and tools to help students through the challenges of coronavirus
3. Helping students find what support is available at their university

The support provided by Student Space is safe, confidential and developed with students and experts in student well being and mental health.

www.teenmentalhealth.org.

Range of resources for parents and teens

www.themix.org.uk

Advice and support for under 25 years olds – provides a crisis text line 24/7 text THEMIX to 85258

www.youngminds.org.uk

Information and guidance on eating disorders, mental health, self-harm, and social media usage.

www.youthaccess.org.uk

Information advice and counselling. Can search for local youth access members by town and postcode.

Immunisation

Pupils in Camden schools are able to receive vaccinations at various times in their

lives. Home Education pupils may miss out on these vaccinations so we have included the following advice in our guidance for parents as a reminder.

There are two vaccinations available to your child during their teenage years: The school leavers' booster, which is the fifth and final dose of the course of diphtheria, tetanus and polio vaccine, meningitis and the HPV vaccination, which protects against cervical cancer. Diphtheria, tetanus and polio are serious diseases, which can kill. The fifth and final dose of vaccination is given between the ages of 13 and 15 and completion of the course is essential for full protection against these diseases. Your child can receive the vaccination after the age of 15 at their GP practice. You need 2 HPV vaccinations over six months to complete the course. Both of these vaccinations are normally given at school.

The teenage years also offer an opportunity to catch up on any pre-school vaccinations that have been missed. The MMR (measles, mumps & rubella) vaccination is the safest way to protect your children against measles, mumps and rubella, all of which can lead to serious complications for those infected. If a person is immuno-compromised in some way (e.g. those receiving chemotherapy or organ transplant patients), then they cannot receive the MMR vaccination. These people will be automatically protected against these diseases if 95% of the population is vaccinated, as this will achieve herd immunity

Herd immunity means that there is sufficient vaccination in the population such that the disease is prevented from circulating. All children should have had 2MMR vaccinations by the time they are 3 years and 4 months. If your child has only had one MMR or has had none this vaccination is also available.

In order to keep your vaccination up to date, you can contact your GP who can provide this service for you or the Immunisation team on 0203 317 5074 for advice and provision of outstanding childhood vaccinations and the teenage boosters due in Years 9,10 and 11 as indicated above. The immunisation team will invite you to their clinic (address below) where community vaccinations usually take place.

Immunisation Team

Central and North West London NHS Foundation Trust

Ground Floor, Peckwater Centre,

6 Peckwater Street,

London NW5 2TX

You are also welcome to contact the School Nursing Team on 02033172304; camdenschoolnurses@nhs.net if you have any further enquiries.