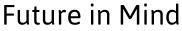


MENTAL HEALTH SUPPORT FOR YOUNG ADULTS

A simple guide to getting the right help for 16-18 year olds



Offered to young people via KOOTH online counselling and support,. Also offers advice and training to education staff, parents and other professionals on how they can support young people to increase their resilience and coping strategies. Support is offered for:

- Anxiety, stress, low mood
- Relationship difficulties

Referral is via school and college staff teams



Psychological therapies via one to one, group or online therapy. Support is for common mental health problems such as:

- Low mood and depression
- Anxiety and worry
- Anxiety disorders such as OCD, PTSD, panic and social anxiety
- Stress, poor sleep and lack of coping strategies
- Self referral online via talking.turning-point.co.uk or 01924 234 860

CAMHS

Assessment and interventions via one to one, group or family support to young people and their families who are suffering from significant mental health or behavioral problems, such as;

- Psychosis (delivered by Insight Early Intervention Team)
- Severe depression or anxiety with poor functioning and/or significant self-harm or thoughts of suicide
- Eating disorders
- Severe emotional or attachment issues

Professional referral via referral form to CAMHS Single Point of Access - 01977 735865 Child and Adolescent Mental Health Services



keeth

Child and Adolescent

Mental Health Services

Young Lives



САМНЬ