A large, stylized graphic element consisting of overlapping rounded shapes in teal and purple, framing the central text.

**CHILDREN AND
YOUNG PEOPLE
MENTAL HEALTH
PACK**

A circular logo with a teal center and a purple border. The text 'NHFT' is in white and 'PARTICIPATION' is in purple.

**NHFT
PARTICIPATION**

This pack is designed to help children and young people in Northamptonshire find local mental health services and access support when they need it.

Please note all information is taken from service providers and is correct at the time of producing this pack. The information is subject to changes. Please check with service provider for the latest updates. This pack is reviewed bi-annually. Please email any suggestions or requests to Participation@nhft.nhs.uk

Next review date: 01/10/2023

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CRISIS

If you are at risk of self-harm or suicide – the CAMHS crisis team is open 24/7 and can be accessed by calling 0800 170 7055.

Or:

Text Shout to 85258 at any time day or night. [You can find out more by accessing the Give a Shout website here.](#)

If your life is at imminent risk, call 999 for emergency help.

CAMHS

Live chat: Talk to us on [CAMHS live](#) 9am-9pm Monday - Friday.

Text a school nurse - for friendly, helpful advice. This service is designed for 11-19 year olds: 07507 329 600 Monday to Friday, 9am to 4pm.

Phone - the consultation line for parents, carers, young people and professionals is available 9am to 9pm, Monday to Friday on call 0800 170 7055.

Out of Hours - Mental Health Hub – Tel:0800 448 0828 For local support and services give one of our friendly mental health navigators a call, anytime of the day or night.

USEFUL WEBSITES - CAMHS

www.nhft.nhs.uk/cypmhs-okay

www.nhft.nhs.uk/cypmhs-meh

www.nhft.nhs.uk/cypmhs-not-good

Above websites include crisis contact information, CAMHS contact information, music playlist, self-help tools, powerful social media influencers, patient blogs, relaxing games, YouTube playlists and podcasts

The Lowdown

The Lowdown provides free and confidential support services for 11- 25-year-olds in Northamptonshire, such as 1:1 counselling, wellbeing drop-ins, LGBTQ+ support, practical support and sexual health.

CONTACT

www.thelowdown.info

01604 634385

info@thelowdownnorthampton.co.uk

The Lowdown

3 Kingswell Street (off Gold St)

Northampton

NN1 1PP



Service Six focuses on early interventions and offer a range of support:

- One-to-one counselling and one-to-one support
- Learn life skills, tools, techniques, coping mechanisms
- emotional and mental health support programmes
- wellbeing group work
- peer support
- mental health mentoring programme
- emotional support for any online incidents
- positive and meaningful activities to support young people in developing behaviour for learning and tackling issues in areas of their lives that may prompt negative behaviour.
- A wide range of free, regular and seasonal positive activity programs, including Kidz Club, Youth Clubs and FISH (Fun In The School Holidays).

[CONTACT](#)

www.servicesix.co.uk

01933 277520

referrals@servicesix.co.uk

Service Six

15 Sassoon Mews

Wellingborough

Northamptonshire

NN8 3LT



Youth Works Northamptonshire

Youth Works delivers education and support services to the young people:

- Youth Works Community College
- Mental health drop in support
- Counselling and Emotional Wellbeing support
- Youth Activities: Holiday Club, Circus Skills, Street Dance, Dodgeball
- Sexual Health Advice
- Advocacy – to help you make your voice heard
- Sexual health services, including: Free condoms, Chlamydia screening and Pregnancy testing
- LGBTQ Support – youth group and various of activities

[CONTACT](#)

www.youthworksnorthamptonshire.org.uk

01536 518339

Complete Contact form on:

www.youthworksnorthamptonshire.org.uk/contact-us/



MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the numbers provided or drop in during our opening times.

OPEN



Monday & Friday 4pm - 8pm

the lowdown, 3 Kingswell Street,
Northampton, NN1 1PP
01604 634385

Tuesday 4pm - 8pm

Youth Works at Corby Mind,
18 Argyll St, Corby, NN17 1RU
01536 518339

Wednesday 4pm - 8pm

CHAT Youth Counselling,
Souster Youth Building,
30 Market Road, Thrapston,
NN14 4JU
01832 274422

Thursday 4pm - 8pm

Youth Works, 97 Rockingham Rd,
Kettering, NN16 9HX
01536 518339

Saturday 10am - 2pm

Service Six, 15 Sassoon Mews
Wellingborough NN8 3LT
01933 277520

Saturday 12pm - 4pm

Time 2 Talk, The Abbey,
Market Square, Daventry,
NN11 4XG
01327 706706



Northamptonshire Healthcare
NHS Foundation Trust



Service Six

Changing Lives - Creating Futures



RE:Start

Mind | Focus | Future

Helping 16-25 year olds move forward
on their mental health journey.



Are you...

Aged 16-25 and living in Northamptonshire?


*Have you worked with CAMHS
(Child and Adolescent Mental Health Services)?*


*Do you feel you need to get the right support
with your mental health?*


Do you need some practical support to help you to move forward?


If so, we may be able to help.

Please contact the RE:Start team on:

 www.youthworksnorthamptonshire.org.uk

 www.thelowdown.info

 01536 518339

 01604 634385

 restart@youthworksnorthamptonshire.org.uk



Community Courtyard

Community Court Yard (CCY) is collective of creative projects designed, developed and delivered by young people and the significant adults in their communities.

Projects include:

- Guerrilla Gardening
- Game Against Gangs
- Online youth club
- Youth and Community clubs
- Community Circles
- Storytelling
- Creative Counselling
- Yard Lock-in
- Hoodies are Goodies
- Alternative Education
- Yard Talk podcast
- Legends to Leaders

[CONTACT](#)

www.communitycourtyard.org

WhatsApp 07720609380

Detached Team 07925730772

The Yard 01604 639545

Community Courtyard

62 Gold Street

Northampton

NN1 1RS



Time2Talk can offer free counselling to anyone between the ages of 11-18, and up to 25 with a special education need, who are from the Daventry District or South Northamptonshire areas. Counselling is by appointment only and can be arranged simply by phoning 01327 706706. Please be aware, there is a waiting list.

[CONTACT](#)

www.time2talk.org.uk
01327 706706 – 24 hours
info@time2talk.org.uk
Time2Talk
The Abbey
Market Square
Daventry
NN11 4XG

time2talk
your time to talk our time to listen

CHAT Youth Counselling

Confidential support and advice from qualified professionals through 1-2-1 Counselling or Therapeutic Mentoring (using clay/textiles etc) whichever enables you to best explore your emotions and feelings.

If you are aged between 9-25 years of age, contact them by email, or by telephone. They will guide you through everything you will need to do.

[CONTACT](#)

www.chatyouthcounselling.org.uk

01832 274422

info@chatyouthcounselling.org.uk

The Courthouse

Mill Road

Oundle

Peterborough

PE8 4BW



Depending on your local Mind, there are activities such as arts and crafts, coffee club, cookery, drop-in, Fresh Minds, gardening, interaction skills, life skills, knitting and crochet, laughter yoga, music and singing, quizzes and puzzles, walking mindfully, armchair exercise, breathing mindfully, poetry, self-esteem peer group, confidence group, wheezy walking, counselling and wellbeing courses.

CONTACT

www.northamptonshiremind.org.uk

For general enquires: enquiries@northamptonshiremind.org.uk

Corby

Address: 18 Argyll St, Corby NN17 1RU

Phone: 01536 267280

Daventry

Address: Brook Street, Old Gas Works Car Park, Daventry NN11 4GG

Phone: 01327 879416

Northampton

Address: 6, 7 Regent Sq, Northampton NN1 2NQ

Phone: 01604 634310

Rushden

Address: Phoenix House, Skinner's Hill, Rushden NN10 9YE

Phone: 01933 312800

Wellingborough

Address: 14 Havelock St, Wellingborough NN8 4QA

Phone: 01933 223591



Anna Freud National Centre for Children and

Information, advice, and resources to help young people support their own mental health, including signposting to sources of support in times of crisis and tools to help young people manage their own wellbeing.

The free digital resources are designed for young people between the ages of 10 – 25. Below resources can be downloaded from the website.

- Managing social media booklet
- Dealing with loss and bereavement
- LGBTQ+ mental health
- Self-care
- Know your rights

CONTACT

www.annafreud.org/on-my-mind/



Anna Freud
National Centre for
Children and Families

The Never Alone Project

Aims to support bereaved children and their families in the UK online. Offer face to face services in Northamptonshire. Services include:

- Socialising: Using the help of the local community to offer social outings to promote well-being. Outings include bowling, mini golf, laser maze, trampolining etc.
- Therapeutic Group Sessions for Children: activities such as art therapy, creating memory boxes, mindfulness techniques and more.
- Offer one-to-one support, group sessions and social events for children.

[CONTACT](#)

www.tnap.co.uk/
01933 588 009
hello@tnap.co.uk



Student Minds

UK's student mental health charity.

Empower students and members of the university community to look after their own mental health, support others and create change.

Support is available with cost of living.

Online resources are available with detailed information on different challenges that university life can bring.

Student Space is here for you through the uncertainty of student life. Access free 24/7 support including tips, resources, and student stories.

- Text message support – text SHOUT to 85258
- Webchat support – www.studentminds.org.uk/support-services/webchat-support
- Phone support – free call on 0808 808 4994
- Email support – students@themix.org.uk

CONTACT

www.studentminds.org.uk/

www.studentminds.org.uk/

0113 343 8440 (please leave a voicemail with your name and contact number)

info@studentminds.org.uk

**student
minds**

Beat Eating Disorders

UK's eating disorder charity.

Whether you need 1-2-1 emotional support, want to connect with others or to learn new skills, Beat's range of support services can help.

Get free telephone support for friendly, non-judgmental advice regarding an eating disorder.

Beat offers a range of online support services including one-to-one and group chat. Find the one that's right for you here.

[CONTACT](#)

www.beateatingdisorders.org.uk/

Helpline: 0808 801 0677

help@beateatingdisorders.org.uk



Papyrus

0800 068 4141

www.papyrus-uk.org

Prevention of Young Suicide (Papyrus) is dedicated to the promotion of positive mental health and prevention of suicide in young people.



Young Minds

Text YM to 85258, (0808 8025544 Parent Helpline)

www.youngminds.org.uk/

Free 24/7 text support for young people answered by trained volunteers with support from experienced clinicians.



The Mix

0808 808 4994

www.themix.org.uk

Emotional support helpline for under 25's and 1-2-1 chat



No Panic

Youth Helpline for 13–20-year-olds; 0330 606 1174.

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

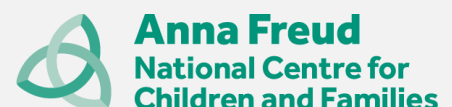
Offer a range of services for people who suffer from panic attacks, phobias and obsessive-compulsive disorder including telephone recovery groups.



AFC Crisis Messenger

24/7 text support for young people across the UK. Text AFC to 85258.

www.annafreud.org/on-my-mind/





TellMi (formerly MeeToo)

A safe, anonymous app where you can talk about absolutely anything. From anxiety to autism, dating to depression, or self-harm to self-esteem. Moderators check everything to keep you safe and in-house counsellors are always on hand if you need extra support.



Calm Harm

A free app that helps you manage or resist the urge to self-harm.



Calm

Meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions to help you manage anxiety, lower stress and sleep better. 10-minute guided video lessons on mindful movement and gentle stretching.



Headspace

Guided Meditations and Mindfulness. Keep “calm and focused” through short meditation exercises. Fall asleep and wake up peacefully.



MindShift

Helps young adults cope with anxiety by acting as a portable coach that guides users through challenging situations. Teaches how to relax and helps them identify active steps to directly face and take charge of their anxiety.



Smart Tales – STEM learning

Educational app full of interactive and animated stories that teach STEM subjects through narratives.



Smiling Mind

Helps people with pressure, stress, and challenges of daily life.



Breathe, Think, Do with Sesame

Learn to deal with frustrating situations using the "breathe, think, do" method. Develop resilience as you overcome frustrations and challenges. Learn skills such as problem-solving, self-control, planning and perseverance.



Mindful Powers

Mindfulness app aimed at children aged between 7 and 10. Guided stories lead children towards calmness and focus while a timer option helps them to apply what they have learned to real life.



Children's Bedtime Meditations

The gentle stories, soothing music and soft sounds are designed to calm and distract the mind so that children can drift off to sleep naturally.



For Me

Provides help and guidance for those that need it, both within the app and through easy connection to a counsellor.



The Zones of Regulation

Guides children through emotions and how to deal with them. The intention is to take children through the negative emotions into the calm and content ones.



Finch

Finch is a self-care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of self-care exercises personalized for you.



Sanvello

Based on the principles of cognitive behavioral therapy (CBT) and mindfulness meditation, strategies shown to provide effective relief for mental health concerns including anxiety and depression.



CBT Thought Diary

Thought Diary helps users to evaluate, understand, and change their thoughts and feelings. This involves identifying and analysing emotions and challenging negative beliefs.



Daylio

An app that can be used as a diary – rate your daily mood and your activities to assist in looking for helpful patterns and habits.



Mood Tools – Depression Aid

Includes features such as tracking symptoms over time, thought diaries, safety plans and rating your mood before and after activities



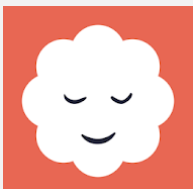
Fear Tools – Anxiety Kit

Designed to support young people struggling with anxiety. It includes thought diaries, exposure practice and relaxation exercise.



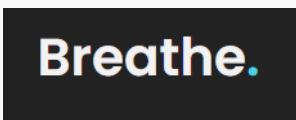
Self-help for Anxiety Management (SAM)

This is an app that can help young people to understand and manage anxiety.



Stop, Breathe & Think

An app for supporting young people with meditation and mindfulness practice based on their emotional and physical ratings at 'check in'.



Breathe

An app to encourage relaxation, stress management and deep breathing. www.breatheapp.uk/



What's Up?

Using Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT) methods to help young people with anxiety, depression, anger, stress and more.



Stay Alive App

Contains lots of useful information and tools to help you stay safe. This includes safety planning and a LifeBox where you can store photos and memories that are important to you. You can also read strategies for staying safe, explore the tips on how to stay grounded when you're feeling overwhelmed, try guided-breathing exercises and create your own interactive Wellness Plan.